

July 2017

The Scoop



Oconee County Senior Center
3500B Hog Mountain
Watkinsville, GA 30677
(706) 769-3979

Open Monday through Friday
8 am to 4 pm

Find us at www.oconeecounty.com!

Look for us on Facebook!

Upcoming Events

The Senior Center will be closed on
Monday, July 3rd and Tuesday, July 4th.

The New Horizon Band will perform at
10:30 am on Wednesday, July 5th.

Second Wednesday Bingo – 11:00 am on
July 12th – 3 games, 3 winners.

St. Mary's presentation on Heart
Failure – Wednesday, July 19th at 10:30 am
in the Dining Room.

Exercise & Line Dancing with Betsy Komac!

Let Betsy get you in shape every Monday
morning with a great exercise class at 10 am,
followed by line dancing at 11:00 am.

Important Reminder

Make sure you sign up, two days in
advance, for meals. We have a new system
using the computer at the front desk. Please let
us know as soon as possible if you will miss a
meal for which you have registered.

For Senior Center members: Donations
toward the cost of the meal are accepted;
a suggested amount of \$2.00 per meal for
members age 60+; Non-members and anyone
under the age of 60 are required to pay \$3.50
per meal.

Every Month @ OCSC

Mondays

Bridge	9 am
Exercise with Betsy	10 am
Line Dancing	11 am
Bridge	12:30 pm
Wellness Group	1 pm

Tuesdays

Senior Stretch with Carolyn	9 am
Arts/Crafts Class	10 am
Zumba Gold with Anie (\$5)	10 am
Chair Zumba	11 am

Wednesdays

Bridge	9 am
Bridge and Mahjong	12:30 pm
2 nd Wednesday Bingo	11:00 am

Thursdays

Senior Stretch	9 am
Zumba Gold (\$5)	10 am
Chair Zumba	11 am
Computer Class	1 pm

Fridays

Bingo	10:30 am
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First Wednesdays

Quilts for Kids	10 am
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Second Wednesdays

Bingo!	12:30 pm
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Fourth Wednesdays

Music with Amanda	10:30 am
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SOMETHING TO THINK ABOUT:



You should never share medications with
others, even over the counter meds, due to
possible allergies, drug interactions, etc.

*"To keep the heart unwrinkled, to be hopeful,
kindly, cheerful, reverent – that is to triumph
over old age."* ~ Thomas Bailey Aldrich

Happy Independence Day!



A Message from Merry

We will be taking a few days off for the 4th of July holiday. As we gather with friends and family to barbeque and picnic, let us remember the millions of brave souls who have sacrificed their lives to provide us with our independence and freedom. We so often take for granted the things we have; this is the time to remember those who have sacrificed their lives, those who currently serve in the military, and anyone who works for our nation's freedom. Now is the time to salute them! I wish you and your family the happiest of celebrations, safety in your travels, and look forward to seeing you back here at the Senior Center on July 5th!

News You Can Use



Sun Safety for Older Adults

Summer weather is great for relaxing with family and friends. Being outside for pool parties, barbecues, and beach trips are what make summertime so much fun. Too much outdoor time, however, can lead to problems like sunburn and dehydration in senior populations who are especially at risk for these hot-weather woes. By taking a few precautions, problems like sunburn and dehydration in the elderly can be avoided and seniors will be able to get the most out of long summer days.

Wear the right clothing. The best summertime clothing for seniors is lightweight and made out of a breathable fabric such as cotton. Shirts should be long-sleeved, and seniors should wear wide-brimmed hats to protect from the sun.

Apply sunscreen early and often.

Sunscreen takes time to work, so don't wait until you're poolside. Try to apply sunscreen about an hour before you head outside, and reapply every two hours. Look for a broad-spectrum sunscreen that protects against both UVA and UVB radiation.

Drink plenty of fluids. Seniors are less likely to feel thirsty, and dehydration can come on quickly and be dangerous. Try to drink between 6 and 8 glasses of water a day, and increase your intake if you're doing any kind of physical activity, or if the weather is particularly hot.

Stay indoors at the hottest hours. The sun is most intense during the middle of the day. If you're a tennis player or gardener, it's best to keep these activities to the early morning or evening, when the weather is cooler. Try to stay indoors when the sun is at its peak.

Check your medications. Some medications can cause increased sensitivity to the sun. Look over your medications, and talk to your doctor about any concerns or questions you have.

WARNING. Knowing the signs of heat stroke can save a senior's life. A flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and lack of sweating despite the heat are signs that immediate action should be taken. Drinking water, a cool ice pack to the back of the neck, and removal of the sun is a must at the earliest signs of these symptoms.

(from www.griswoldhomecare.com)

Senior Center Staff

Merry Howard, Senior Center Director

Angela Helwig, Aging Services Coordinator
Allison Burns, Arts & Activities Coordinator
Marge McKee, Activity Assistant
Debbi Dean, Receptionist & Activity Aide

Mary Ann Hall, Food Services Manager
Shirley Finch, F. S. Coordinator/Kitchen Aide
Margo Candelario, Kitchen Aide
Bud Carson, Van Driver
Russell Ruggieri, Van Driver